

COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

Website: <http://www.bedfordma.gov> to follow link to COA

Director: Lori Dance

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis



A Pool-Player's Lament

The ranks in the pool room
Grow increasingly slim,
And the hope for improvement
Is depressingly dim.

Where are the replacements
For those who have left,
Leaving the rest of us
Sad and bereft?

Do they believe
That ridiculous rule
That "Gentlemen play billiards,
But only bums will play pool"?

Or that other old adage
That flirts with the truth,
"A good pool player
Had a misguided youth"?
Words such as these
Ring an ominous note
To prospective players
We hope to promote.

We play this game
At the old Center School,
Where it's very evident
That gentlemen play pool.

A well played game
Can really make your day,
So come on down and join us
At the Bedford COA.

Don't forget to check the calendar! Some of our regular activities take a break during the winter! If you have questions about whether an activity is meeting, please give us a call!



★★★★★★★★★★★★★★★★★
★ **Veterans' Coffee** ★
★ **Wednesday** ★
★ **December 17 at 10** ★
★ Join Tom Moran, Veteran ★
★ Liaison with Compassionate ★
★ Care Hospice to have coffee ★
★ and to converse about years ★
★ in the service. Tom was in ★
★ the Army branch and was in ★
★ the National Guard for 13 ★
★ 1/2 years. All are welcome. ★
★ Please call to RSVP 781- ★
★ 275-6825. ★
★★★★★★★★★★★★★★★★★

Annual Holiday Party Sponsored By the Friends of the Bedford Council on Aging

*Tuesday December 9 at 1:30 PM
(following the monthly meeting) Enjoy
entertainment by Dave "the Rockin
Robin" Mindell. Special
Refreshments will be
served. Please RSVP by
December 5
(781) 275-6825*



SATISFY YOUR SWEET TOOTH INSTANTLY WITH A MICROWAVE CAKE BAKED IN A MUG!

Why reach for store-bought mix that takes up to an hour to bake? On **Wednesday December 3 at 12:30**, Alissa will show you how to make a quick, tiny batter to mix in a mug with a fork! They are the perfect personal serving size when you don't feel like baking an entire cake or pan of cupcakes. **Please sign up ahead of time as space is limited!**



SATURDAYS AT THE COA

We are open 12 - 4 PM!

- ♦ 12:30 Beginner's Italian
- ♦ 1:00 Bridge, cards, pool
- ♦ 1:15 Movie (See page 3 for more details!)



Holiday Closings

The Council on Aging will be closed on Thursday December 25 and Thursday January 1 in observance of the holidays. We wish you all a safe and happy New Year!

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Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday December 8 at 10:00 for a chance to win token gifts.
- Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group! **No Songfest on December 24
- Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!
- Texas Hold 'Em Poker!** Join the game each Monday at 1!
- Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!
- Play Mah Jongg!** Wednesdays beginning at 11:00! All are welcome! Lessons available!
- Play Duplicate Bridge!** Every Tuesday and Thursdays 11/6 and 11/20 at 11 AM.
- Coffee Hour** Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.
- Talk to Your State Representative** Check with the COA to find out when Ken Gordon will be visiting.
- Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.
- Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!
- Genealogy** Explore your family tree on Wednesday December 10 at 10:00 AM
- Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!
- Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
- Line Dancing with Katrina** Fridays at 1 PM. The class costs \$2 (paid to instructor).
- Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!
- Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on **Tuesday December 2** to discuss **Neruda, Pablo** selected poems (copies to be distributed in advance by Mary). Newcomers are always welcome!

Trips! Trips! Trips!

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.

Reminder:

The Sicilian Tenors - Thursday December 4

Please call the Council on Aging a week prior to the trip for pick up and return time.

Festival of Trees - December 2

Massachusetts Horticultural Society's Festival of Trees will showcase over 75 trees and a new addition to the festival, *Snow Village at Elm Bank*. The Festival of Trees, displayed in the Hunnewell Carriage House, offers beautifully decorated holiday trees that are donated and decorated by local businesses, garden clubs, and individuals. Enjoy lunch at the Captain's Table (meal choices will be available upon sign up). The cost of this trip will be \$40 (payable to FBCOA). The bus will depart at 10:15 AM and will return at about 3:00 PM.



stay tuned for spring trips



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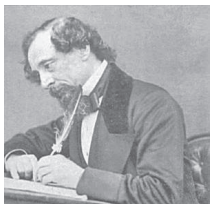
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❀ JUST FOR FUN ❀

Charles Dickens Holiday Classic read by Stephen Collins

Monday December 15 at 1 PM

Join Stephen Collins for an abridged reading of Charles Dickens' classic novel, *A Christmas Carol*. Registration is requested. Please call 781-275-6825.



Join us for a Songfest Holiday Open House!

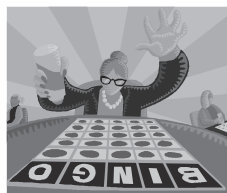
Enjoy music? Join us on **Wednesday December 17 at 10:30 AM** for a special holiday Songfest. Bring your friends, bring a smile, bring an instrument if you like! No rehearsals, no stage, no big crowds to worry about! This is a casual and fun social group of people who just like to get together each week and enjoy music. Light refreshments will be served.



Breakfast and BINGO

Monday December 15 9:30

Lisa Honka is back by popular demand! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



Calling All Animal Lovers!

Mike Franco, volunteer from the MSPCA, will be here on **Tuesday December 16 at 10:30** with a furry friend (or two!) Come by for a fun and casual visit!



Name That Tune!

Laura Blair from Concord Health Care returns this month for an afternoon of music and fun on **Monday December 22 at 12:30 PM**. Try to guess some old favorites for a chance to win some great prizes! Please sign up in advance by calling the COA at (781) 275-6825.

Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!

All movies begin at 1:15 PM

December 6 *Mixed Nuts* (1994) PG-13 After being evicted on Christmas Eve, the counselors at a suicide-prevention hotline (Steve Martin, Rita Wilson, Madeline Kahn) cross paths with an array of wackos, including a psycho St. Nick.

December 13 *And So It Goes* (2014) PG-13 When he's obliged to take over the care of a previously unknown granddaughter, wealthy and self-absorbed Oren (Michael Douglas) is suddenly in need of major help. His neighbor Leah (Diane Keaton) comes to the rescue -- not only bailing out Oren but also capturing his heart.

December 20 *If I Stay* (2014) PG-13 While trying to choose between love and a musical career, 17-year-old Mia Hall finds her life upended by a tragic car crash that puts her in a coma. As she lies unconscious, Mia has a vision of her life that leads her to another crossroads.

December 29 *The Hundred-Foot Journey* (2014) PG Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur (Helen Mirren) launches a war between the eateries.

Library Book Discussion Tuesday December 2 at 1 PM *Cascade* by Maryanne O'Hara

In the 1930s, four central Massachusetts towns were flooded to create Quabbin Reservoir as a water source for Boston. In this satisfying new novel set at that time, the fictional town of Cascade is about to be swallowed up by a new reservoir. Desdemona (Dez) Spaulding is an aspiring artist who lives in Cascade with her pharmacist husband, Asa. Her late father owned a small but well-regarded Shakespeare theater in the town. Dez is desperate to save her father's playhouse and also torn by her attraction to a visiting artist, Jacob Solomon. When Dez makes a name for herself at a major magazine with a series of painted postcards that portray the upcoming flooding of Cascade, her small-town life starts to unravel. While not a Shakespearean tragedy, this debut offers a rueful look at the surprising twists and turns life can take.



Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	1 Festival of Trees Trip 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate /Tap 12:30 Osteofitness 1:00 Writing Group/Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/Books	9:00 Exercise/Fix it Shop 10:00 Computer Club 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Mug Cakes 2:00 SHINE 6:30 Sit 'n Stitch/55+	Sicilian Tenors Trip 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ BINGO 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	8 9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Duplicate /Tap 12:30 Osteofitness 1:00 Writing Group/ FBCOA Holiday Party 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/Fix it Shop 10:00 Genealogy 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Housing Options 6:30 Sit 'n Stitch/55+	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/Tai Chi 2:00 Computer Drop-In	12 8:00 Podiatry 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing/ Nurse's Hours
9:00 Exercise 9:30 Chair Yoga/ Breakfast and BINGO 10:00 Pilates 11:45 Lunch 1:00 Poker/ Floor Yoga/Charles Dickens 3:00 Handcrafts	15 9:00 Fix It Shop 9:30 Exercise 10:30 Animals 11:00 Duplicate /Tap 12:30 Osteofitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/Fix it Shop 10:00 Veteran's Coffee 10:30 Songfest Holiday Open House 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:00 Eternal Search 6:30 Sit 'n Stitch/55+	18 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/Chocolate Therapy 1:00 Current Events/Tai Chi 2:00 Computer Drop-In	19 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ SHINE 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts	22 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate /Tap 12:30 Osteofitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	24 9:00 Exercise/Fix it Shop 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise	25 CLOSED CHRISTMAS DAY 	26 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	29 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate 12:30 Osteofitness 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	30 9:00 Exercise/Fix it Shop 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise	31 9:00 Exercise/Fix it Shop 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise <div style="text-align: center;">  </div>	



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Fitness News

MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

Drop in rate for the above classes is \$5.00/day

BONING UP ON OSTEOPOROSIS!

Beverley J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. OsteoFitness™ classes are held on Tuesdays and Fridays at 12:30 PM at the COA. The cost of this program is \$160 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.



Tap Dancing Returns!

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for **6 weeks and the cost is \$48.00**. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes!

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 1:00 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session

ZUMBA GOLD: Perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session (Tuesdays at 4:00 PM w/Vera)

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and mediation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

Drop in rate for the above classes is \$10 per day

Pre-registration is required for all classes. Please let us know if you have any questions.

Friends of the Bedford Council on Aging

Next Meeting: Tuesday, December 9 at 1:00 PM

FBCOA Annual Membership Dues

2014—2015

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____

(Tax deductible contributions gratefully accepted)

NAME _____

ADDRESS _____

TOWN/ZIP CODE _____

EMAIL: _____

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

Get Involved with the FBCOA Board!

The FBCOA board is looking for new members to volunteer for such committees as Sunshine, Fundraising, and Travel. Meetings are typically the 2nd Tuesday of each month. Please let us know if you are interested. Although our mission is to support senior programming, you do not need to be a senior to get involved with this organization.

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

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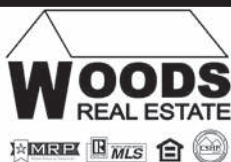
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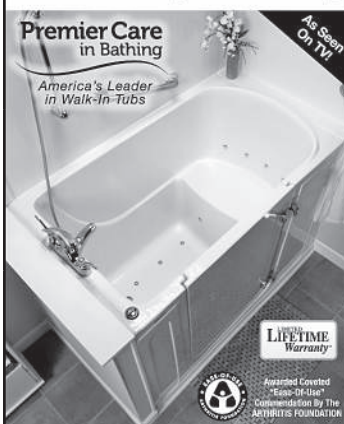


For more info, contact the admissions director

tel 781-861-8630 fax 781-861-1099 email info@excelcenterlexington.com
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*** Winter Weather Policies ***

If the Bedford Public Schools are closed or delayed due to weather, the senior center will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT and Wheels of Life programs should call the COA about the status of their rides. Medical appointments will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

In the event of a long term emergency the town will broadcast emergency information on AM radio 1640 as well as on the town website www.bedfordma.gov. Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity. If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.

VOLUNTEERS NEEDED FOR MONTHLY MAILING!

We are looking for more volunteers to help us get the monthly newsletter ready to mail. Volunteering would only require one morning per month (about 3 hours) and consists of folding and labeling the newsletters. If you are interested please let us know so that we can call you for our next mailing. This is a great social opportunity as well!



Wednesday is 55+ Night!

Meet up with your friends to play pool, poker, cribbage, and other games on Wednesday evenings from 6:30-8:30 at the COA! Our computers will also be available for use during this time. There are no required memberships or fees, just a fun place for people to get together!



FBCOA 2015 Membership Dues by September 2014

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Service

Address



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